



Dec. 16, 2013

Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)



- [MWR Leisure Travel Office](#)
- [Child, Youth & School Services](#)
- [Army Community \(ACS\)](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)

- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Car Pooling Announcements](#)
- [Around the Q.C.](#)



Ask the
Garrison Commander

Holiday Safety Message: It is only fitting that we culminate the year with good wishes for everyone. I ask everyone to be thankful for a wonderful year of achievement, tireless execution of missions too numerous to mention, and hopes for continued success, health, and happiness in the coming New Year. We encourage all of you to enjoy this festive season with safety in mind. The holiday season is a time for rejoicing

and reaching out to our fellow Soldiers, families, and friends. Realize you can give an extra present this holiday by giving more thought to safety. I ask that each of you renew your commitment to safety in all that you do. If you are travelling the highways and byways of this nation, plan your trip to include adequate rest before starting, rest at rest stops along the way, and ensure all safety devices in your vehicle are

operational. Do not drink and drive, and do not text and drive. I ask everyone to include composite risk management into your holiday plans to help ensure safety is priority one. Take a moment to review the tools and resources available on the US Army Combat Readiness/Safety



"HOME OF US ARMY LOGISTICS"

Center website, <https://safety.army.mil>. This season we celebrate and thank those who keep our freedom safe. It takes personal commitment and involvement of everyone as a team to make a difference. I ask each of you to do your part, consider the risks, and make the right decisions. I wish each of you and your families a very safe and enjoyable holiday season. Army Safe is Army Strong! - John F. Wharton Major General, USA Commanding General Rock Island Arsenal

Staff Sergeants Earn Their Bachelor's Degrees:

She started her journey in 1976 wanting to play in an orchestra and his began with a baseball scholarship in 1998. Though their journeys began differently, both came to fruition recently, as they completed their bachelor's degrees. Army Contracting Command-Rock Island contract specialists Staff Sgts. Patricia L. Faris and James W. Boutchyard said they are thrilled to have received their degrees, especially given the length of time it took to obtain them. Faris received her degree in liberal arts with a focus on



psychology from Excelsior College's online program on Sept. 27. When she started in 1976, her major was in music at Mars Hill College in North Carolina, but other pursuits took her away from completing this degree. ([More](#))

JMC Lends Hand to Mississippi River Museum:

In early November, Cristin Waterbury, director of curatorial services at National Mississippi River Museum and Aquarium in Dubuque, contacted the Garrison office at Rock Island Arsenal with an unusual request. Waterbury was looking for small, but sturdy wood boxes or crates to be used in a project to bring a historic machine shop to the museum as an exhibit. ([More](#))



Senate Passes Budget Bill Cutting Pension Benefits for New Feds:

The Senate on Wednesday approved 64-36 a two-year budget agreement that requires new federal workers and working-age military retirees to contribute \$12 billion in a bipartisan deal to partially



Upcoming Dates

- Jan. 1:** New Year's Day (*Federal Holiday*)
- Jan. 7-9:** DA Photo Studio on RIA
- Jan. 8:** Senior NCO Tenant Meeting, Arsenal Island Golf Clubhouse, 11:30 a.m.
- Jan. 13-17:** Training- Unit Prevention Leader, Baylor Conf RM
- Jan. 20:** Martin Luther King Remembrance Day (*Federal Holiday*)
- Jan. 22:** U.S. Army Health Clinic Open House, Bldg. 110, 1:30-4 p.m.
- Jan. 22:** General Officer BOD Mtg., 1:30 p.m., Arsenal Island Clubhouse (T)
- Jan. 23:** Martin Luther King Remembrance Day Event, Location/Time TBD
- Jan. 23:** Community Information Meeting, Arsenal Island Clubhouse, 9 a.m.
- Jan. 23:** Safety Occupational Health Advisory Committee, Bldg. 90, Room 25, 10 a.m.
- Jan. 23:** RIA Council of Colonels/Deputies Luncheon, Arsenal Island Clubhouse, 11:30 a.m.
- Jan. 28:** Monthly Community Information Exchange, 9 a.m., Arsenal Island Clubhouse
- Jan. 28:** RIA Retirement & Retreat Ceremony Dress Rehearsal, 2 p.m.
- Jan. 29:** RIA Retirement & Retreat Key Leader Rehearsal, Heritage Hall, 2 p.m.
- Jan. 30:** RIA Retirement & Retreat Ceremony, 2 p.m., Bldg. 60, Heritage Hall
- Feb. 3-7:** Quarterly Transition Assistance Program Workshop, Bldg. 56
- Feb. 5:** Real Property Planning Board, Baylor Conf RM, 10 a.m.
- Feb. 11-13:** DA Photo Studio on RIA
- Feb. 12:** Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.
- Feb. 26:** RIA Tenant Senior Leaders Luncheon, Arsenal Island Clubhouse, 11:30 a.m.



repeal some of the spending cuts under the sequester. The \$85 billion savings package approved by the House last week would fund the government past Jan. 15, 2014, averting another shutdown and setting spending levels through fiscal 2015. As part of the deal, federal employees hired on or after Jan. 1, 2014, with less than five years of service would have to pay 4.4 percent toward their pensions -- 1.3 percent more than employees hired after 2012 contribute to their defined retirement benefit, and 3.6 percent more than most workers hired in or before 2012 contribute. ([More](#))

Budget 'Step in the Right Direction,'

Hagel Says: The budget deal that passed Congress

yesterday means the page is turning on a prolonged period of fiscal uncertainty,

Defense Secretary Chuck Hagel said today during a joint news conference with Army Gen. Martin Dempsey, chairman of the Joint Chiefs of Staff. The deal, still to be signed by President Barack Obama, eases sequestration's hold on the



defense budget during fiscal years 2014 and 2015, Hagel said. ([More](#))

Senate Approves Defense Policy Bill:

The Senate voted overwhelmingly late Thursday night to approve the defense authorization act, an 84-15 vote that paves the way for troops to receive a 1 percent raise beginning Jan. 1. The \$632.8 billion bill extends a number of expiring special pays and bonuses that would otherwise have ended on New Year's Day and also includes prohibitions against any fee increases for Tricare or new user fees for the military health program by more than 1.7 percent next October. ([More](#))



Federal Workers Falling Further

Behind In Pay, Council Finds: A federal advisory group reported Tuesday that federal workers have fallen slightly further behind the private sector in pay, a trend that union leaders said they hope



will be stopped by getting the government back in the habit of paying annual raises. The Federal Salary Council, a group of union officials and pay policy experts, said that the average "pay gap" in favor of the private sector now stands at 35.4 percent, up from 34.6 percent last year and 26.3 percent in 2011. ([More](#))

2013 SAVE Award Finalists Focus On Electronic, Online Practices:

The Office of Management and Budget has announced the four finalists for the 2013 Securing Americans Value and Efficiency (SAVE) Award. These federal employees are brimming with ideas on how to make their agencies more efficient and less wasteful. ([More](#))



It's Official—Higher Pay Attracts Better Workers:

It may seem like common sense that if you want to lure better workers, you should pay higher wages. Yet employers and economic theorists alike aren't sure that's true, since high pay might attract job



applicants who are in it just for the money. So what's an employer to do? ([More](#))

Eagle Watches & Clock Tower Tours:

The park rangers with the Rock Island District, Corps of Engineers' Mississippi River Visitor Center will once again be conducting eagle watches and Clock Tower Building tours through the Visitor Center on **Jan. 4, 5, 25, 26**, as well as **Feb. 1, 2, 8**, and **9**. These dates are on Saturdays and Sundays at 9-10:30 a.m. and 12:30-2 p.m. These events will combine both the eagle watches and historical Clock Tower Building tours. Reservations are required and group size is limited. For more information or to make reservations call the Visitor Center at (309) 794-5338. The Clock Tower Building is on the National Register of Historic Places and has been the home of the Rock Island District since 1934. The history of the Clock Tower Building, which stands at the western tip of Arsenal Island, reaches all the way back to the Civil War. Congress, by the



Act of July 11, 1862, established three new arsenals: at Columbus, Ohio, Indianapolis, Ind., and on the Government-owned Island of Rock Island in the Mississippi River. At each site, Congress authorized the construction of one storehouse. Storehouse A, as the Clock Tower Building was originally known, became the first building of the new Rock Island Arsenal.

Operation Toy Soldier Toy Pick up at Veterans Funeral Care Moline: Please consider joining us on Friday, **Dec. 20** at 2 p.m. when representatives from Army Sustainment Command, Marine Unit, and Army Community Service and Family Advocacy Program will accept donated toys as a part of Operation Toy Soldier on behalf of local military families from Veterans Funeral Care, 601 21st St. in Moline.



CFC Update: CNN breaks the following: Senate approves the federal budget which Obama has already indicated he will support. This is great news for



federal employees as we will be able to look towards 2014 without a furlough or shutdown over our heads. As federal employees the CFC committee understands the frustration that our workforce has experienced this year, and is glad that this budget approval will relieve some of the pressure for all of us. We all have heard of the devastation which happened in the Philippines with Typhoon Haiyan and the tornados in the Midwest which destroyed homes, land, etc... Many charities are still looking for donations to assist with recovery in these areas. There are many options within the CFC that are the perfect way to help make a difference in those storm ravaged areas. Our theme for this year's campaign is "Supporting our Community, Supporting our Country." The CFC committee would like to thank those who have donated to the campaign. At this time our workforce has raised \$233,000 which is only 42 percent of last year. Across the nation CFC campaigns, on average, are at 45 percent of what they did last year. The goal for this year is 100 percent ask. "Have you been asked"? If you haven't been asked, or recent events allow you to reconsider earlier positions, please allow me to ask. Will you join me in supporting CFC through the causes you are passionate about? Please give it



some thought. As we are all cleaning up our desks and preparing to celebrate holidays with our loved ones, the CFC team wishes you a safe and happy holiday season. - *Matthew Kopel, 2013 Illowa Bi-State CFC Chair* ([Illowa Bi-State CFC Website](#), [Facebook](#))

Holiday Closures: The following closures will take place on Arsenal Island during the holiday period between **Dec. 16 and Jan. 3:** • Between **Dec. 25 and Jan. 1** all RIA activities will be closed. • **Dec. 16 – Jan. 3** Holiday Schedule, Military half-day schedule. • **Dec. 22 – Jan. 6** Arsenal Island Golf Clubhouse closed. • **Dec. 22 – Jan. 6**, Island Oasis closed. • **Dec. 23 – Jan. 3**, Baylor Conference Center/Classroom One closed. • **Dec. 24**, Installation Equal Employment Office closed. • **Dec. 24**, RIA Museum and Resource Center closed. • **Dec. 24-27**, Installation Security & Intelligence Office closed. • **Dec. 24-27**, Bldg. 60 & 350 Cafeterias & Kava Café closed. • **Dec. 24**, Bldg. 212 Cafeteria closed (limited menu on **Dec. 26 & 27**) • **Dec. 24, Dec. 31**, Fitness Center hours change to 4:45 a.m. – 4 p.m. • **Dec. 24**,



Dec. 31, CDCs & SAC/YC hours change to 6 a.m. – 3:30 p.m. • **Dec. 24, Dec. 31**, Parent Central Services & FCC Admin office hours change to 7 a.m. – 3:30 p.m. • **Dec. 24, Dec. 31**, ACS hours change to 7 a.m. – 12 p.m. • **Dec. 24**, Exchange hours change to 8:30 a.m. – 4:30 p.m. • **Dec. 26**, Commissary closed. • **Dec. 27**, Physical Security Office closed. • **Dec. 27**, ASAP/EAP closed.

RIA Garrison DPTMS Installation Security & Intelligence Division

Closure: The Rock Island Arsenal Garrison DPTMS Installation Security & Intelligence Division will be closed all day starting Tuesday, **Dec. 24**, through Friday, **Dec. 27**, and will resume normal customer service hours (7:30 a.m. - 3:30 p.m.) on Monday, **Dec. 30**. Any personnel who are retiring or separating, and require a security clearance debriefing are asked to out-process with the Garrison Security & Intelligence Division the week of **Dec. 16-20** during normal customer service hours, Monday, **Dec. 23**, prior to 3 p.m. or on Monday, **Dec. 30**, during normal customer service hours. ([System Access/Authorization Requests](#)) ([JPAS visit requests](#))

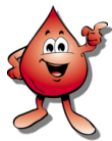


End of Year Donations: For those wishing to donate annual leave to another Federal civilian employee in the Leave Transfer Program, please complete Statement of Leave Donor (RIA form 690-43) and submit with supervisor signature to the Civilian Personnel Advisory Center. To ensure a leave donation will be deducted from this calendar year, all donations must be received in the CPAC no later than **Dec. 20**. Reminder: In any leave year, an employee may donate no more than one-half of the amount of annual leave he or she would accrue during a leave year. For employees with 'use or lose' annual leave, you may donate no more than the number of hours remaining in the leave year as of the date of the transfer for which you are scheduled to work and receive pay. POC: Janine Couppee may be reached at PECH-NCR-E, (309) 782-1278.

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Dec. 20 & 20, 10 a.m. – 12 p.m.** If you would like to donate at this blood drive, feel free to e-mail



SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on Jan. 10**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Feb. 22**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



Charlie Corpuscle Says, "Fall is definitely in the air. Did you know that when someone "falls," your blood donation helps to pick them up? In some cases, it is the reason patients are able to get up and carry on in life. On behalf of the patients whose lives you have "picked up," thank you."

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

VIOS Schedule for January, February, March, April and May:
Official DA Studio Photography (DA,

Government passport and command photos) will be offered at Rock Island Arsenal **Jan. 7, 8, and 9; Feb. 11, 12 and 13; March 11, 12 and 13; April 22, 23 and 24; and May 6, 7, and 8** (Note changes to previous April dates). Appointments may be scheduled online by submitting a DA Form 3903 Work Request using the [Visual Information Ordering Site](#) for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official government passport photo: 1. Schedule a passport photo appointment at the RIA VIOS website. 2. Go to transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo

is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Arsenal Island Employee Local

Discounts: *The following discounts are exclusively*

available to Arsenal Island employees –
Double Tap

Firearms: Double Tap Firearms offers a 10 percent firearm discount and \$15

firearm transfer fee in Illinois to active duty and retired military personnel in the QCA (📄). **Bennigan's Rock Island:** Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time (📄).

Pepperjack's Restaurant & Lounge in Davenport: Rock Island Arsenal

employees receive 20 percent off their Pepperjack's entrée when they present their Arsenal identification card (one discount per ID) (📄). **New Life**

Chiropractic Clinic: Arsenal Island employees, we're offering you a 20 percent discount on our services (📄).

Goebel Family Dentistry: Active duty



members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit ([A](#)). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Traffic/Construction



No Arsenal Traffic/Construction related announcements this week.

Building/Space Closures



No Building/Space Closure related announcements this week.

Active Duty/Reserve Zone



Holiday Traveling Info for Uniformed Military Members: TSA has approved alternate screening procedures for Uniformed Military Members over the holiday period, Dec. 16 through Jan. 3.

Upon presenting their boarding pass and DoD Common Access Card (CAC) to the TSA Security Officer at the Quad City International Airport checkpoint entrance, Uniformed Military Members will be eligible for expedited screening. This allows that person to keep his/her boots, headgear, and outer jacket on during the screening process. ([Further information about TSA Pre-Check](#))

DoD Adds Synthetic Marijuana to Random Drug Testing:

The Defense Department has expanded its zero tolerance for the use of illicit drugs to include synthetic marijuana, also known as “spice,” the director of DoD’s drug testing and program policy said here today. In an interview with American Forces Press Service and the Pentagon Channel, Army Lt. Col. Tom Martin said that in addition to the broad range of drugs for which the military already randomly tests service members, synthetic marijuana will also be included. ([More](#))

DoD Releases 2014 Basic Allowance for Housing Rates:

The Department of Defense released today the 2014 Basic Allowance for Housing (BAH) rates, which take effect Jan. 1, 2014. Overall rates will increase an average of five percent this year. On average, BAH

rates for members with dependents will increase approximately \$79 per month and \$76 for members without dependents. A typical mid-grade enlisted member with dependents, for example, will find his/her BAH about \$79 per month higher than last year, while a typical junior officer without dependents will find his/her BAH about \$76 higher than last year. ([More](#))

Safety Spotlight



Army Safety 2013: Milestone Achievements, But Challenges

Remain: In the fall of 2012, our Army marked the passing of its safest year since September 11, 2001. At that time, we asked you to capitalize on that success during fiscal year 2013 by staying engaged on risk management and treating safety as an imperative. You did just that, and your hard work resulted in the best year for Soldier safety on record. We could not be more proud of this accomplishment- thank you and congratulations on a job well done! ([More](#))

Equal Opportunity Focus



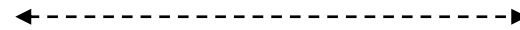
One In Four Feds Perceive

Workplace Favoritism: A new report reveals that although federal employees believe that discrimination based on race, ethnicity, sex and age has decreased over the years, many still believe that favoritism impacts their careers. The findings came in a Merit Systems Protection Board report that examines how much employees believe favoritism affects the federal merit system. "The results of our surveys and in-depth discussions with groups of employees indicate that the majority of federal employees believe that discrimination based on the legally protected classes of race/ethnicity, sex and age has decreased over the past 15 years," the report stated. "However, many employees remain unconvinced that they are treated fairly in all aspects of their careers. In particular, a significant percentage of federal employees believe that personal favoritism undermines merit-based decision making." ([More](#))

Army Diversity Roadmap: The U.S. Army Diversity Roadmap is a plan that supports the department's talent management strategy by providing clear and concise direction for recruiting, development and retention of personnel. This plan not only fortifies our efforts to

bring America's best talent into the Army, but also ensures integration of diverse attributes, experiences and backgrounds into the mission in ways that enhance decision-making and inspire high performance. The roadmap is inclusive of our total Army- Soldiers, civilian Employees, family members and others who defend our nation.

([More](#))



Morale, Welfare & Recreation (MWR)



Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

MWR Gift Certificates Make Great Stocking Stuffers: Looking for that last minute stocking stuffer? How about a gift certificate to the Arsenal Island Golf Course and Clubhouse for the golfer on your list? A gift certificate to the Fitness Center can be used for one of our great fitness classes to help your loved one get a good start on those New Year's resolutions. With the colder temperatures and all the salt on the road

who wouldn't want a reloadable gift card for the Auto Shop's carwash? Last but not least, remember Outdoor Recreation for all your winter outdoor rec. equipment needs. From skis and snowshoes to ice skates and snowboards, we are your one-stop winter gear shop.

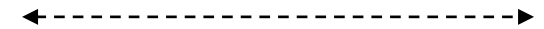
Dec. 23 - Jan. 6, Arsenal Island Golf Clubhouse Closed For Lunch:

During the above period the Golf Clubhouse will close for regular lunch operations. All pre-booked functions will be unaffected by the closure. Call (309) 782-6319 for more info.

Dec. 24 & Dec. 31, Early Closure of Child Youth and School Services:

In order to allow our staff to spend time with their families we will be closing all CYSS programs at 3:30 p.m. on Christmas Eve and New Years Eve.

([Memo for more info](#))



MWR Leisure Travel Office



Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))



Harlem Globetrotters: Leisure Travel Office has discounted tickets to the Harlem Globetrotters 2014 "Fan's Rule" World Tour. Discounted tickets on sale until **Dec. 23** at \$30, \$22 & \$20.
Date: **Saturday, Jan. 4**
Time: **7 p.m.**

World's Toughest Rodeo: The World's Toughest Rodeo features the fan's favorite events: Bull Riding, Saddle Bronc Riding and Bareback Riding. The Midwest's fastest cowgirls will also compete in the Women's Barrel Racing. LTO has discounted tickets available for both days. \$31, \$21 & \$16. On sale until **Jan. 6**.
Date: **Friday, Jan. 24**
Time: **7:30 p.m.**

WWE Live: Don't miss all your favorite superstars for one night only on the Road to WrestleMania! World Heavyweight Champion John Cena, WWE Champion Randy Orton & WWE Tag Team Champions the Rhodes Brothers. Tickets on sale until **Jan. 21**.
Date: **Sunday, March 2**
Time: **5 p.m.**

Davenport Cinemark 53rd 18 + IMAX Theatre: Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18

+ IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

Child, Youth & School Services

Early Closure of Child Youth and School Services: In order to allow our staff to spend time with their families we will be closing all CYSS programs at 3:30 p.m. on **Christmas Eve and New Years Eve**. ([Please see this memo for more info](#))

Army Community Service (ACS)

ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here](#). 24/7 Sexual Assault Hotline: (309) 229-8412



Scholarships for Students with Disabilities: Now is the time for high school juniors and especially seniors to start looking for college scholarships. If

your student has a qualifying disability or special need, there are scholarships specifically to assist those students. There are federal grants available to qualified students, but more specific to students with disabilities is the U.S. Department of Education's TRIO Programs. TRIO programs are operated in conjunction with numerous colleges and universities across the country offering education grants for students from disadvantaged backgrounds, including those with severe disabilities. Availability of these programs will vary depending upon the institution. [For more information visit RIA EFMP](#) see Additional Resources-Education or contact [Jan Saito](#), Exceptional Family Member Program Manager at (309) 782-4736.

Army Family Team Building: Army Family Team Building is offering free courses in Leadership Development on **Dec. 17-18** from 8:30 a.m. - 2:30 p.m. at Army Community Service in Bldg. 110. Please register no later than Friday, **Dec. 13**, to secure your seat. This course is for military spouses, military members, civilians and contractors in the Rock Island Arsenal community.



The two-day course includes: Leadership Through Understanding Needs; Examining Your Leadership Style; Effective Communication for Leaders; Developing Great Meetings; Establishing Team Dynamics; Resolving Conflict; Supporting Others Through Coaching and Mentoring; and Virtual Meetings: Tips and Techniques. Call ACS at (309) 782-0829 to register. Civilians may register in [TEDs](#).

Employee Assistance Program

For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.

Keep Your Mental Health in Check During the Holidays – December 2013: Another year will soon be coming to a close, but not without the big rush of the holiday season. Relatives to visit, meals to prepare, presents to buy ... whether it is the most joyous time of

year is up for debate but it might certainly be the busiest. The holiday season is a happy time for many; however, the stress of the season may exacerbate existing problems. Strained family relationships may be harder to tolerate, financial pressures more troubling, an already hectic schedule pushed to the brink. Depression and other mental health concerns can also be aggravated during the holidays. If you were feeling down or anxious before the holiday season, now you might feel even more worried or isolated. Some good times with friends and family may be all you need to feel better, but if you find you haven't felt like yourself for more than a week or two, something more serious may be going on. To help you identify if your holiday stress or blues may be a sign of an underlying mental health condition the Rock Island Arsenal Employee Assistance Program offers free, confidential services with master's-level counselors. The EAP is located in Bldg. 56, 1st floor. Call (309) 782-4357 to schedule an appointment. Make sure you give yourself a gift this holiday season. If you have been feeling down or stressed lately please contact the EAP today.

Understanding PTSD: Classes are being offered for those who wish to

learn more about the nature and treatment of Post-Traumatic Stress Disorder **Jan. 14, Feb. 11**, Tuesdays, 10:30–11:30 a.m., Bldg. 56, 1st Floor, Room 122. Call (309) 782-4357 to reserve your spot. Presented by the Rock Island Arsenal Employee Assistance Program.

PTSD Support Groups: Is the quality of your life being affected by Post-Traumatic Stress Disorder? The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

National Drunk and Drugged Driving (3D) Prevention Month: The month of December is National Drunk and Drugged Driving (3D) Prevention Month. According to the Center for Disease Control, everyday 36 people in the United States die and approximately 700 more are injured in motor vehicle crashes that involve an alcohol-impaired driver. This Holiday Season, don't put your life, or anyone



else's life on the line. Be smart and be responsible. If you are going to drink, don't drive. If you are going to drive, don't drink. Don't allow one bad decision haunt you for the rest of your life.

Grief Support Group: The holidays are especially difficult if you are grieving the death of a loved one. The Employee Assistance Program offers a support group for those who are grieving. The group meets on Tuesdays, 3-4 p.m., in Bldg. 56, 1st Floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

Stress Management: Do you want to learn effective strategies to reduce stress? Sign up for a Stress Management Class. **Dec. 17, Jan. 28, Feb. 25,** Tuesdays, 10:30–11:30 a.m., Bldg. 56, 1st Floor, Room 122, Call (309) 782-4357 to reserve your spot. Sponsored by: Employee Assistance Program.

Smoking Cessation Group: Why not start the New Year smoke free? The Employee Assistance Program offers an educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office in Bldg. 56, 1st floor.

←-----→

Education/Training Review



The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-7901. Please visit our [website](#) to learn more.

RIAFCU Scholarship: Do you or someone you know need money for college? R.I.A. Federal Credit Union is awarding three \$1,000 scholarships for the 2014/2015 school year. Any primary member of R.I.A. Federal Credit Union with an account in good standing is eligible to apply. An individual may join R.I.A. for the sole purpose of eligibility. The IL Quad City Credit Union League is also awarding scholarship monies for the 2014/2015 school year. Applications for either scholarship program are due **Feb. 15**. Applications may be picked up at the R.I.A. branch in Bldg. 61 or [download an application here](#).

"Lunch and Learn" with the University of Iowa: Come and learn about our education opportunities, Tuesday, **Jan. 7**, 12-1 p.m., in Bldg. 56,

Classroom #2. Please RSVP to Michel Potarelli at 319-335-3782.

Tuition Assistance Changes to Take Effect For 2014: Beginning Jan. 1, there will be a cap on the number of semester hours that can be taken using Tuition Assistance, and tighter TA eligibility rules. Soldiers will be able to use TA one year after graduating from initial entry training, known as IET, said Brig. Gen. David. K. MacEwen, adjutant general of the Army, Human Resources Command, Fort Knox, Ky. ([More](#))

Scheduled Closure: Western Illinois University will be closed the following Tuesdays for Winter Break – **Dec. 24** and **31**. The National Testing Center will also be closed on those dates.

Get Ready, Get Set, Go-Go-Go to School!: Seeking or Pursuing a College Degree? Have Questions? Meet with school representatives and learn about educational opportunities in the Quad Cities, 10 a.m. – 2 p.m., Bldg. 56, 1st Floor, Room 121. • Ashford University: (563) 508-0927, **Jan. 24**; • Black Hawk College: (309) 796-5191, **Jan. 9**; • Kaplan University: (563) 441-2485, Nov. 14; • Saint Ambrose University: (563) 333-6170, **Jan. 16**. Military personnel, family members, and DoD



civilians are welcome to stop by. No appointments are necessary. Education Center POC: Guidance Counselor, [Lorrie Blumberg](#), (309) 782-6343.

NDIA Academic Year 2014-15

Scholarship: Applications for the Iowa Illinois Chapter NDIA Academic Year 2014-15 scholarship are now being accepted. The scholarship application may be found at www.ndia-ia-il.org. Applications must be postmarked by **March 24**. Call (563) 650-3252 for further information.

Sgt. Paul Fisher Academic Year 2014-15

Scholarship Applications for Academic Year 2014-15 Sgt. Paul Fisher Scholarship are now being accepted. High school senior sons and daughters of active duty, reserve, and retired military members in Iowa and northwestern Illinois are eligible to apply. Applications are available on the chapter's web site, www.ndia-ia-il.org. Applications must be postmarked by **March 24**. Call (563) 650-3252 for any additional information.

←-----→

Commissary / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Your Commissary Is the Place for Your Holiday Savings: The holidays are right around the corner, and special in-store promotions make the commissary the place to go to save on holiday groceries, said the Defense Commissary Agency's director of sales. "We've got some great promotions lined up for the holiday season," said Randy Chandler, DeCA sales director. "Customers will find great savings and quality products for their holiday entertainment and meal needs, thanks to our industry partners. They might even sneak a peek at a jolly old man in a red

suit!" Chandler also reminds patrons that the holiday season is a perfect opportunity to consider giving the gift of groceries through Commissary Gift Cards. "Our gift cards are a quick and easy way to spread holiday cheer to military service members and their family members around the world," he said. "Anyone can purchase them online through www.commissaries.com, or at a commissary for authorized shoppers to use." Manager's specials and power buys provide big savings every day during the holiday season in commissaries worldwide. Overseas stores may have substitute events for certain promotional programs, and customers should check their local commissary for details on dates and times for their promotions.

Scholarships for Military Children Program Opens Dec. 3: Applications for the 2014 Scholarships for Military Children Program become available Dec. 3 at commissaries worldwide or on the Internet at www.militaryscholar.org. Applications must be turned in to a commissary by close of business **Feb. 28**. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed. This year's award amount has risen to \$2,000, and the program awards at least one scholarship at each commissary



with qualified applicants. An applicant must be a dependent, unmarried child, younger than 21 - or 23, if enrolled as a full-time student at a college or university - of a service member on active duty, Reserve or Guard member, retiree or survivor of a military member who died while on active duty, or survivor of a retiree.

Arsenal Archive

Information for the Arsenal Archive is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – Dec. 16-22: On Nov. 17, 1889, Col. James Whittmore assumed command of the RIA. He served as RIA commander until February 1892. On Nov. 18, 1872, an ice blockade formed in the Mississippi River halting ferry traffic cross the river. On Nov. 19, 1872, Maj. D. W. Flagler, the RIA Commander, responded to citizen appeals and opened the newly constructed government bridge to the

public. Maj. Flagler, in a letter dated Nov. 23, 1874, that was addressed to the Chief of Ordnance, recommended that all wrought iron scrap be retained at the RIA for conversion into high grade bar iron for use in construction of RIA Shops.

Healthbeat

Holiday Season MEDCOM Message

2013: The holiday season is a perfect opportunity to spend quality time with Family and friends. As we begin this special time of year, I extend my appreciation to each and every Soldier, Civilian, Contractor and Family Member for your sacrifices, selfless service, and personal commitment to Army Medicine. To ensure a safe and joyous holiday celebration, I ask that you keep safety at the forefront of all activities. Our goal, together, is to have an accident-free holiday. Be aware of and manage daily risks- from hanging lights on your home to traveling the busy roadways. Additionally, I want all leaders to emphasize suicide risks as well as sexual assault risks, prevention, and response in their holiday safety briefings. Guidance is available at: <http://armymedicine.mil/pages/sharp.aspx>. ([More](#))

The Most Fattening Time of the Year:

Eating healthy during the months of October, November and December is challenging but not impossible. The constant stream of holiday festivities and traditions that revolve around food and decreased activity due to the colder weather can quickly add unnecessary calories to your diet that turn into unwanted pounds of body weight. That extra body weight over time can increase your risk of becoming overweight and increases the risk of obesity related health conditions such as diabetes, heart disease, and sleep apnea. Indulging in a few of your favorite holiday foods is perfectly fine but dessert doesn't need to be an essential part of every meal. The newest healthy eating guidelines from the USDA, 'MyPlate' focuses on filling two quarters of your plate with vegetables and fruit while the remaining quarters are supplied with a protein source and a starch. ([More](#))

Prescription Drug Misuse - Is It

Worth It?: It was a rough morning at physical training today and the work day hasn't even begun. The Soldier hadn't had a problem with his knee since he completed physical therapy following a surgery, but after a six-mile run this



morning, it throbs and looks swollen. Desperate, the Soldier rummages through his medicine cabinet in search of relief. In his search, he comes across his prescription bottle of hydrocodone, a controlled substance he was prescribed for pain for problems with his knee just under a year ago. It would take care of the pain, but should he take a medication that was prescribed almost a year ago? ([More](#))

Notes for Veterans

VA to Expand Benefits for Traumatic Brain Injury: Some Veterans with traumatic brain injury (TBI) who are diagnosed with any of five other ailments will have an easier path to receive additional disability pay under new regulations developed by the Department of Veterans Affairs. The new regulation, which takes effect 30 days from today, impacts some Veterans living with TBI who also have Parkinson's disease, certain types of dementia, depression, unprovoked seizures or certain diseases of the hypothalamus and pituitary glands. ([More](#))

Carpooling Announcements



Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

Carpool:

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.
- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9th & 53rd, (Franklin School area) (309) 757-5755.

Around the Q.C.



Jan. 5: [Chocolate Festival](#) (Quad City Botanical Center, Rock Island)
Jan. 10-12: [Quad City Bald Eagle Days](#) (QCCA Expo Center, Rock Island)

Jan. 18: [32nd Annual Frostbite Footrace 5K](#) (Scott County Park, Iowa)
Jan. 19-21: [QC Farm Equipment Show](#) (QCCA Expo Center, Rock Island)
Feb. 14: [Valentine Walk](#) (Watchtower Lodge, Black Hawk State Historic Site, Rock Island)
Feb. 13-16: [Outdoor Show](#) (QCCA Expo Center, Rock Island)
Feb. 23: [CBRC Chili Chase 4-Mile Run/Walk](#) (Duck Creek Park, Davenport)
March 15: [29th Annual St. Patrick's Day Parade](#) (Rock Island & Davenport)
March 19-22: [Gathering of the Green](#) (RiverCenter, Davenport)
March 21-23: [QCCA Flower and Garden Show](#) (QCCA Expo Center, Rock Island)
April 12: [Bandits Race to Home 5K](#) (Modern Woodman Park)
April 12: [Run for Renewal 5K](#) (Sr. Concetta Park, Davenport)
May 3: [Village in Bloom: Festival of the Arts](#) (Village of East Davenport)
May 3: [Derby Day Party](#) (Arsenal Island Golf Clubhouse)
May 3: [Venus Envy](#) (Bucktown Center for the Arts, Davenport)
May 10-11: [Beaux Arts Fair](#) (Downtown Davenport)
May 17: [5th Annual You Were Made for This 5K](#) (Young Life, Moline)
May 17: [Livefit With Lupus Run 5K](#) (LeClaire, Iowa)
May 26: [49th Annual Quad Cities Criterium](#) (Downtown Rock Island)
June 3-7: [Quad Cities Senior Olympics](#) (Rock Island)
June 6-7: [Rhubarb Festival](#) (Aledo, Ill.)
June 6-7: [22nd Annual Gumbo Ya Ya](#) (The District, Rock Island)



June 7-8: [QC Pridefest](#) (Downtown Davenport)
June 12: [Hot Rod Magazine Power Tour](#) (Isle Casino Hotel, Bettendorf)
<http://www.hotrod.com/>
June 12-15: [19th Annual Rally on the River](#) (Centennial Park, Davenport)
June 14: [Run for the Hills XC 5K](#) (Crow Creek Park, Bettendorf)
June 14-15: [Juneteenth](#) (LeClaire Park, Davenport)
June 15: [30th Annual Ride the River Bike Ride](#) (Downtown Davenport)
June 17-21: [145th Annual Rock Island County Fair](#) (Rock Island County Fairgrounds, East Moline)
June 21: [Inaugural Micro Brew Mile & 6k Road Race](#) (Moline)
June 21: [Royal Ball Run For Autism 5K](#) (Milan, Ill.)
June 22: [Blossoms at Butterworth](#) (Deere Family Homes, Moline)
June 27-28: [Greek Cultural Fest](#) (Assumption Greek Orthodox Church, East Moline)
June 28-29: [28th Annual Quad City Air Show](#) (Davenport Airport, Mount Joy, Iowa)
July 3: [Red, White & Boom!](#) (The District & Downtown Davenport)
July 3-5: [30th Annual Mississippi Valley Blues Festival](#) (LeClaire Park, Davenport)
July 4: [Firecracker Run & Parade](#) (East Moline)
July 4: [Bettendorf Old-Fashioned 4th of July](#) (Bettendorf)
July 7-13: [John Deere Classic PGA Tour](#) (TPC Deere Run, Silvis)
July 10-12: [Walcott Truckers Jamboree](#) (Iowa 80 Truckstop, Walcott, Iowa)
July 12: [Case Creek Obstacle Run 5K](#) (Coal Valley, Ill.)

July 19-20: [Heartland Jam](#) (Centennial Park)
July 25-26: [43rd Annual Street Fest Presented by the MVRBC](#) (Downtown Davenport)
July 26: [41st Annual Quad-City Times Bix7](#)
July 29-Aug. 3: [95th Annual Great Mississippi Valley Fair](#) (Mississippi Valley Fairgrounds, Davenport)
July 31-Aug. 3: [43rd Annual Bix Beiderbecke Memorial Jazz Festival](#) (RiverCenter/Adler Theatre, Davenport)
Aug. 2: [British Auto Fest](#) (LeClaire, Iowa)
Aug. 7: [2nd Annual Freedom Run 5K](#) (East Moline, Ill.)
Aug. 7-9: [Great Tug Fest](#) (LeClaire, Iowa & Port Byron, Ill.)
Aug. 8-9: [22nd Annual Ya Maka My Weekend](#) (The District, Rock Island)
Aug. 15-16: [10th Annual River Roots Live & Rockin' Rib Fest](#) (LeClaire Park, Davenport)
Aug. 16: [Floatzilla](#) (Sunset Marina, Rock Island)
Aug. 22-24: [World Series of Dragracing](#) (Cordova Dragway)
Aug. 23: [Silvis Home Run 5K](#) (Shadt Park, Silvis, Ill.)
Aug. 30-31: [Rock Island Grand Prix](#) (Downtown Rock Island)
Sept. 1: [Bettendorf Rotary Run with Carl](#) (Life Fitness Center, Bettendorf)
Sept. 5-21: [East West Riverfest](#) (Various QC Locations)
Sept. 6: [Quad City Symphony Riverfront Pops](#) (LeClaire Park, Davenport)
Sept. 6: [¡Viva! Quad Cities](#) (Isle of Capri, Bettendorf)
Sept. 6: [QCA Heritage Tractor Parade & Show](#) (John Deere Pavilion, Moline)
Sept. 6-7: [Beaux Arts Fair](#) (Downtown Davenport)

Sept. 19-20: [Celtic Festival & Highland Games](#) (Centennial Park, Davenport)
Sept. 20: [15th Annual WQPT Brew Ha Ha](#)
Sept. 20-21: [Riverssance Festival of Fine Arts](#) (Lindsay Park, Village of East Davenport)
Sept. 28: [17th Annual Quad Cities Marathon](#)
Sept. 26-28: [Hot Air Balloon Festival](#) (Kennedy Square, East Moline)
Oct. 4: [Night of the Running Dead 5K](#) (Davenport)
Oct. 4: [GiGi's Super Hero Run](#) (Bettendorf)
Oct. 11: [Trinity Quad Cities Classic Regatta](#) (on the Mississippi River in Moline)
Oct. 12: [Apple Fest](#) (Downtown LeClaire, Iowa)
Oct. 23: [Fright Night](#) (The District, Rock Island)
Oct. 25: [Lagomarcino's Cocoa Beano 5K Race](#) (Moline)
Oct. 25-26: [Boo at the Zoo](#) (Niabi Zoo, Milan, Ill.)
Nov. 22: [Festival of Trees Parade](#) (Downtown Davenport)
Nov. 22: [Lighting on the John Deere Commons](#) (John Deere Commons, Moline)
Nov. 22: [Holiday Pops Concert](#) (Downtown Moline)
Dec. 7: [19th Century Christmas](#) (Butterworth Center, Moline)

←-----→

Island Insight



Col. Elmer Speights, Jr., Garrison Commander; **Eric Cramer, Public Affairs Officer;** **Mark Kane, Editor**
The Army publication, Island Insight, is an unofficial publication authorized under AR



Island Insight

360-1 to provide information on people, policies, operations, technical developments, trends and ideas of, about, and of interest to the Rock Island Arsenal community. It is published weekly using word processing software and Adobe PhotoShop using Portable Document Format reproduction for online distribution with the use of federal funds under provisions of [AR 360-1](#) by the Rock Island Arsenal-Garrison Public Affairs Office. Contents of Island Insight are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or the Department of the Army. The views and opinions expressed are not necessarily those of the Garrison or the Department of the Army. The editorial content of Island Insight is the responsibility of the Rock Island Arsenal-Garrison Public Affairs Office. [Submission of announcements, articles, photos, letters, and graphic art of interest to the general readership is encouraged.](#) All manuscripts are subject to editing and rewriting prior to publication. Postal address: Garrison Manager, 1 Rock Island Arsenal, ATTN: IMRI-PA, Rock Island, IL 61299-5000. For [submission of announcements to the Island Insight; usarmy.ria.imcom-central.mbx.usag-ria-pa@mail.mil](#); Phone: (309) 782-1121. The Island Insight is [available on-line.](#)




The signs are all around.
It's up to YOU to recognize and act on them.

KNOW WHAT'S RIGHT
know the
signs
DO WHAT'S RIGHT

Training, Discipline and Standards

Training, discipline and standards are the bedrock of our Army, and as Soldiers, you've been taught what right looks like. As leaders, you have a duty and a responsibility to maintain standards in your formation. You also have an obligation to your Soldiers and their families to manage risk and take action to correct problems. In our fight against accidental fatalities, knowledge is the weapon of choice.

 **ARMY STRONG**

 **U.S. ARMY COMMAND AND CONTROL**
<https://safety.army.mil>



"HOME OF US ARMY LOGISTICS"